

ABSTRACT

Provided is a composition permitting high systemic absorption of n-3 polyunsaturated fatty acids and high transfer of them to tissues and capable of fully 5 exhibiting pharmacological effects which the fatty acids have.

A fat composition containing one or more phospholipids having, as a constituent fatty acid, an n-3 polyunsaturated fatty acid selected from docosahexaenoic 10 acid, docosapentaenoic acid and eicosapentaenoic acid; and α -linolenic acid and/or a fat containing α -linolenic acid.